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THE PRACTICAL SIGNIFICANCE OF DETERMINING THE PRE-START STATE OF ADOLESCENT TAEKWONDO ATHLETES BEFORE AND DURING COMPETITION

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Abstract: Determination and analysis of the pre-competition mental states of adolescent taekwondo athletes by means of the questionnaire method.

Key words: taekwondo athletes, training, coach, competition, mental states.

Relevance: It is well known that the sport of Taekwondo (WT) is developing rapidly in our Republic and is becoming ever more popular among young people. At the 33rd Summer Olympic Games in Paris, Ulugbek Rashitov inscribed his name in the pages of history as the first Uzbek taekwondo athlete to win the Olympic Games twice. Competing in the -68 kg weight category, Rashitov defeated Zaid Karim of Jordan by 2:0 in the final and was awarded the gold medal. Svetlana Osipova, a member of the Uzbekistan national Taekwondo (WT) team, became the first female athlete of the country to win an Olympic medal in this sport. In the final bout she missed her chance against the host nation's representative, former world champion and bronze medallist of the Tokyo-2020 Summer Olympic Games Althea Laurin, and received the silver medal. [3]

This is, of course, a gratifying development, and such achievements serve as a powerful motivating factor for young taekwondo athletes striving towards their goals. However, rather than being content with these results, one of the pressing tasks is the proper preparation of young taekwondo athletes for the forthcoming Olympic competitions. Accordingly, particular attention must be devoted not only to the physical, technical and tactical readiness of athletes, but also to their psychological readiness.

The better an athlete has prepared for a forthcoming competition, the more confident he feels, and the more optimal his mental state becomes. In an athlete who is poorly prepared the opposite is observed. Such an athlete becomes excessively agitated, and states of stress and anxiety arise. For this reason, the athlete's pre-competition mental state must be monitored. [4,5,6]

At the same time, the pre-competition and psychological preparation of athletes is a difficult, creative and educational process that is carried out in several stages and through a variety of methods. Likewise, in educational and practical work the ways of psychologically preparing athletes for sports competitions, of achieving victory and of setting new records are equally diverse. In sporting practice, athletes who have undergone special psychological preparation for a particular forthcoming competition are far more likely to win. In sporting performance, the aim is achieved by demonstrating the ability to overcome internal pressure, that is, to master stress, excitement and fear.

We set ourselves the aim of determining and analysing the pre-competition mental states of adolescent taekwondo athletes by means of the questionnaire method.

The study was carried out among taekwondo athletes aged 11-17 at the “Grand Master” club in the city of Tashkent and at the “Bukhara Olympic and Paralympic Specialised Sports Boarding School”.

A total of 34 young taekwondo athletes took part in this study, 17 from each sports club.

First, a questionnaire was compiled with the purpose of determining the athletes' pre-start state before competition. The questionnaire consisted of 20 questions, 7 of which were aimed

specifically at identifying the athletes' mental states before and during competition. The athletes were instructed to answer objectively, without prolonged reflection, discussion or hesitation.

The results of the questionnaire are presented in Tables 1 and 2 below.

Aim of the study: to determine and analyse the pre-competition mental states of adolescent taekwondo athletes by means of the questionnaire method.

Objectives of the study: the primary objective of the research is to determine the athletes' pre-start state;

to provide each athlete with the necessary recommendations proceeding from his state;

to prepare athletes psychologically for prestigious competitions;

to analyse the athletes' pre-start states together with the coach after the competition:

Table 1

Results of the questionnaire conducted to determine the pre-competition mental states of the taekwondo athletes of the "Grand Master" club, Tashkent.

№	Questions?	Yes		No		Sometimes	
		R/S	%	R/S	%	R/S	%
1	Do you fully enjoy the training sessions?	17	100%	0	0	0	0
2	Do you experience sleeplessness before a competition?	6	35%	8	47%	3	18%
3	Do you obtain information about your opponent before a competition?	5	29%	4	23%	8	47%
4	Does the noise of the spectators affect you during the bout?	6	35%	9	53%	2	12%
5	Are you able to hear and follow the coach's instructions during the bout?	12	70%	1	6%	4	23%
6	Can you quickly adapt to your opponent's actions in a bout?	5	29%	7	41%	5	29%
7	Are you able to carry out the coach's instructions in full during the bout?	7	41%	1	6%	9	53%

Study results and their discussion.

Table 1 presents the results and analysis of the study conducted at the "Grand Master" sports club in Tashkent. They show that the majority of the athletes stated that they fully enjoy their training sessions, while sleeplessness before competition was observed in 6 of the 17 athletes; 8 athletes answered "no" and 3 answered "sometimes". Thus, sleeplessness occurs in almost more

than half of the respondents, which naturally has a negative effect on the athlete's condition. To the question of whether they obtain information about their opponent before a competition, 5 athletes answered “yes”, that is, they do obtain such information, 4 answered “no”, and the remaining 8 athletes chose the answer “sometimes”. From this result it can be seen that most athletes do not have information about their opponent. Gathering little information about the opponent, or having none at all, makes it difficult to adapt to the situation during the bout, which likewise affects the athlete's condition adversely. To the question of whether the noise of the spectators affects them during the bout, 6 athletes answered that it does, 9 answered “no”, and 2 athletes answered “sometimes”. Half of the athletes stated that the spectators' noise affects them during the bout. This shows that such conditions have a negative influence on the athlete's state. The remaining athletes answered that the noise of the spectators does not affect them. Consequently, rapid adaptation to the spectators' noise creates still greater opportunities for the athlete to achieve victory. To the question of whether they are able to hear and follow the coach's instructions during the bout, 12 athletes answered “yes”, 1 athlete answered “no”, and the remaining 4 athletes answered “sometimes”. Analysing this question, we may note that fighting according to the coach's instructions has its positive sides; however, the coach must also develop independent thinking in athletes, since only the athlete himself senses the opponent's movements well during the bout and takes decisions quickly. In many cases, while listening to the coach's advice, analysing it and taking a decision, the athlete may be distracted for a certain number of seconds. Therefore, in any situation the athlete must assess the circumstances correctly, think independently and conduct the bout while sensing the opponent, the time and the mat.

To the question of whether they can quickly adapt to the opponent's actions in a bout, 5 athletes answered “yes”, 7 answered “no” and 5 answered “sometimes”. This shows that the inability to adapt quickly to the opponent and to apply counter-techniques against him has a negative effect on the athlete's state; as noted above, a thorough study of the opponent's actions before the competition helps the athlete to adapt quickly and easily to those actions during the bout. To the question of whether they are able to carry out the coach's instructions in full during the bout, 7 athletes answered “yes”, 1 answered “no” and 9 answered “sometimes”. It was therefore established that most athletes fight according to the situation, proceeding from their own condition. This is certainly positive, but it is very important for the coach to select athletes appropriately: the coach must clearly understand which athlete achieves victory in which manner of fighting, which athletes need instructions during the bout and which conduct the bout independently.

The following conclusions arise from the results of the study conducted at the “Grand Master” club in Tashkent. The analysis of the questionnaire results aimed at determining the pre-start state of young taekwondo athletes before and during competition shows that the athletes display pre-start fever.

Pre-start fever is distinguished by the following psychological characteristics:

- intense agitation; in some cases this process distracts the athlete's activity from its main purpose;
- instability of emotions, with one emotion frequently being replaced by another and sometimes by its complete opposite;
- distraction of attention and absent-mindedness;
- lapses in perception and imagination; the athlete may fail to hear the start signal or the coach's advice in good time;

- weakening of memory; in such a state athletes do not pay the required degree of attention to the aspects on which they should be concentrating;
- confusion of thoughts, with one thought running into another. [1,2]

Table 2

Results of the questionnaire conducted to determine the pre-competition mental states of the taekwondo athletes of the Bukhara Olympic and Paralympic Specialised Sports Boarding School

№	Questions?	Yes		No		Sometimes	
		R/S	%	R/S	%	R/S	%
1	Do you fully enjoy the training sessions?	14	82%	2	12%	1	6%
2	Do you experience sleeplessness before a competition?	3	18%	7	41%	7	41%
3	Do you obtain information about your opponent before a competition?	5	29%	6	35%	6	35%
4	Does the noise of the spectators affect you during the bout?	4	23%	7	41%	6	35%
5	Are you able to hear and follow the coach's instructions during the bout?	9	53%	0	0%	8	47%
6	Can you quickly adapt to your opponent's actions in a bout?	8	47%	4	23%	5	29%
7	Are you able to carry out the coach's instructions in full during the bout?	0	0%	4	30%	12	70%

The analysis of the study carried out at the Bukhara taekwondo sports club, presented in Table 2, shows that most of the athletes stated that they fully enjoy their training sessions, while sleeplessness before competition was observed in 3 of the 17 athletes; the remaining athletes answered that they do not suffer from sleeplessness. Thus, sleeplessness occurs in exactly half of the respondents, which naturally has a negative effect on the athletes' condition. To the question of whether they obtain information about their opponent before a competition, 5 athletes wrote “yes, I obtain such information”, while the remaining athletes answered “no” and “sometimes”. From this result it can be seen that most athletes do not have information about their opponent. Gathering little information about the opponent, or having none at all, makes adaptation to the

situation during the bout difficult, and this too has a negative effect on the athlete's condition. To the question of whether the noise of the spectators affects them during the bout, 4 athletes answered that it does, while the remaining athletes answered that it does not. This shows that the state of athletes who are indifferent to the spectators' noise is considered optimal, and that greater opportunities arise for such an athlete to achieve victory. To the question of whether they are able to hear and follow the coach's instructions during the bout, 9 athletes answered “yes”, while the remaining athletes chose the answer “sometimes”. It follows that the ability to carry out the coach's instructions during the bout constitutes considerable assistance from the coach on the way to victory over the opponent, since deceptive movements against the opponent and the exploitation of his mistakes are more clearly visible to the coach than to the athlete. However, some athletes point out that the coach's instructions may interfere in the situation of the bout and hinder them from fighting independently. To the question of whether they can quickly adapt to the opponent's actions in a bout, 8 athletes answered “yes”, while the others answered “no” and “sometimes”. This shows that the ability to adapt quickly to the opponent and to apply counter-techniques against him changes the situation for the better. To the question of whether they are able to carry out the coach's instructions in full during the bout, 4 athletes answered “no” and 12 answered “sometimes”; it was therefore established that most athletes fight according to the situation, proceeding from their own condition.

The following conclusions arise from the results of the study conducted in Bukhara. The analysis of the questionnaire results concerning the mental state of young taekwondo athletes before and during competition shows that a state of composure was manifested in the majority of the athletes. In the psychological literature this state is described as follows.

In this state the following are observed: the absence of the alertness and mobilisation necessary for victory, a decrease in the intensity of attention, a slowing of the processes of perception and thinking, and a weakening of vigilance in the conduct of the sporting bout.

As a rule, a state of composure is observed in athletes when they enter the arena against opponents who are genuinely much weaker than themselves. This state has a negative effect on the athletes' capacity for work and on their ability to mobilise all their strength and energy, as a result of which the level of the final outcome of their actions declines. [7,8]

Conclusion. By way of conclusion, it should be noted that the analysis of the questionnaire results obtained in determining the pre-competition mental states of the taekwondo athletes of the “Grand Master” club in Tashkent shows that a high level of pre-start fever was manifested in almost all of the athletes. A state of pre-start fever does not guarantee that athletes will achieve high results, because distraction of thought, weakening of memory and other negative signs lead to the purpose of the competition being forgotten.

The analysis of the questionnaire results obtained in determining the pre-competition mental states of the taekwondo athletes of the “Bukhara Olympic and Paralympic Specialised Sports Boarding School” shows that a high level of composure was manifested in almost all of the athletes. A state of composure is regarded as having a low degree of reliability in enabling athletes to achieve high results. Therefore, the coach or the sports psychologist must constantly monitor the athletes' states and, where necessary, introduce corrections.

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